



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01212, Milk, dry, whole, without added vitamin D**

**Report Date: July 11, 2017 14:47 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
<b>Proximates</b>						
Water	g	2.47	25	0.130	3.16	0.79
Energy	kcal	496	--	--	635	159
Energy	kJ	2075	--	--	2656	664
Protein	g	26.32	22	0.175	33.69	8.42
Total lipid (fat)	g	26.71	30	0.250	34.19	8.55
Ash	g	6.08	20	0.092	7.78	1.95
Carbohydrate, by difference	g	38.42	--	--	49.18	12.29
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	38.42	--	--	49.18	12.29
<b>Minerals</b>						
Calcium, Ca	mg	912	18	17.766	1167	292
Iron, Fe	mg	0.47	12	0.065	0.60	0.15
Magnesium, Mg	mg	85	15	1.465	109	27
Phosphorus, P	mg	776	18	14.251	993	248
Potassium, K	mg	1330	15	41.231	1702	426
Sodium, Na	mg	371	7	15.131	475	119
Zinc, Zn	mg	3.34	1	--	4.28	1.07
Copper, Cu	mg	0.080	--	--	0.102	0.026
Manganese, Mn	mg	0.040	--	--	0.051	0.013
Selenium, Se	µg	16.3	--	--	20.9	5.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	8.6	11	0.454	11.0	2.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
Thiamin	mg	0.283	18	0.016	0.362	0.091
Riboflavin	mg	1.205	23	0.031	1.542	0.386
Niacin	mg	0.646	22	0.024	0.827	0.207
Pantothenic acid	mg	2.271	20	0.086	2.907	0.727
Vitamin B-6	mg	0.302	41	0.028	0.387	0.097
Folate, total	µg	37	--	--	47	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	37	--	--	47	12
Folate, DFE	µg	37	--	--	47	12
Choline, total	mg	117.4	--	--	150.3	37.6
Vitamin B-12	µg	3.25	31	0.289	4.16	1.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	258	--	--	330	83
Retinol	µg	253	--	--	324	81
Carotene, beta	µg	55	--	--	70	18
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	934	--	--	1196	299
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.58	--	--	0.74	0.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.6	0.2
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.6	0.2
Vitamin D	IU	20	--	--	26	6
Vitamin K (phylloquinone)	µg	2.2	--	--	2.8	0.7
<b>Lipids</b>						
Fatty acids, total saturated	g	16.742	--	--	21.430	5.357
4:0	g	0.866	1	--	1.108	0.277
6:0	g	0.240	2	--	0.307	0.077
8:0	g	0.269	2	--	0.344	0.086
10:0	g	0.596	2	--	0.763	0.191
12:0	g	0.614	2	--	0.786	0.196

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
14:0	g	2.820	2	--	3.610	0.902
16:0	g	7.522	2	--	9.628	2.407
18:0	g	2.853	2	--	3.652	0.913
Fatty acids, total monounsaturated	g	7.924	--	--	10.143	2.536
16:1 undifferentiated	g	1.196	2	--	1.531	0.383
18:1 undifferentiated	g	6.192	2	--	7.926	1.981
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.665	--	--	0.851	0.213
18:2 undifferentiated	g	0.460	2	--	0.589	0.147
18:3 undifferentiated	g	0.204	2	--	0.261	0.065
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	97	2	--	124	31
<b>Amino Acids</b>						
Tryptophan	g	0.371	--	--	0.475	0.119
Threonine	g	1.188	--	--	1.521	0.380
Isoleucine	g	1.592	--	--	2.038	0.509
Leucine	g	2.578	--	--	3.300	0.825
Lysine	g	2.087	--	--	2.671	0.668
Methionine	g	0.660	--	--	0.845	0.211
Cystine	g	0.243	--	--	0.311	0.078
Phenylalanine	g	1.271	--	--	1.627	0.407
Tyrosine	g	1.271	--	--	1.627	0.407
Valine	g	1.762	--	--	2.255	0.564
Arginine	g	0.953	--	--	1.220	0.305
Histidine	g	0.714	--	--	0.914	0.228
Alanine	g	0.908	--	--	1.162	0.291
Aspartic acid	g	1.997	--	--	2.556	0.639
Glutamic acid	g	5.512	--	--	7.055	1.764

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 128g	0.25 cup 32g
Glycine	g	0.557	--	--	0.713	0.178
Proline	g	2.549	--	--	3.263	0.816
Serine	g	1.432	--	--	1.833	0.458
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0